



Rides Supplement September 2010

Camberwell Downhill Gourmet Bike Riders

2010 Calendar

September Ride

Host: Graeme Stone (9889 5426 / 0434 007 463)

When: 19th September 2010

Where: Bundoora Circuit

Meeting Time: 9.45am for a 10.00am start.

What to bring: BYO drinks and snacks for along the way and lunch but food may be purchased at the Bundoora Park Visitors' Centre's cafe. We will visit the Bundoora Homestead Art Centre which also houses the Bundoora Homestead cafe where light meals can be bought. If riders would like to lunch at the Homestead my enquiries found that it is desirable to book ahead particularly if a group. I'll leave that option to individuals to pursue if they choose.

Afternoon 'cuppa' will be back at Station Street, Alphington.

Details: Meeting in the Car Park on the North-side of the Alphington Railway Station. We will be riding from the railway station to Bundoora Park via the Darabin Creek Trail We will visit the 1899 Bundoora Homestead which is a magnificent Queen Anne style Federation mansion operating as a historic house, art gallery and cafe. Registered by Heritage Victoria and certified by the National Trust, Bundoora Homestead Art Centre is the public art gallery of the City of Darebin. See - <http://bundoorahomestead.com>, Tel 9496 1060. Also info on the park and cafe is at - http://www.bundoorapark.com.au/Page/Page.asp?Page_Id=64&h=1&p=1

We return via the St George's Road Bike Path as well as cycling down side streets.

As this ride will be basically out in the open, do remember your wet weather gear. Please note the following rule.....

Winter Weather Conditions:

Please listen to the evening weather forecast prior to the Sunday's Ride. If it is advised storms or rain and hail with strong blustery winds as well as temperatures expected to be below 13c the ride is automatically cancelled. Weather conditions of possible showers, light winds with temperatures 13c plus - the ride will proceed. If unsure, contact the Host(s) of the ride. Also remember, that it is not up to the Host(s) to contact riders of cancellations. If a rider has any doubts about to the aforementioned Weather Conditions prior to the ride, they should contact the Host(s).

So with the above in mind please contact Graeme should you be intending to ride on the day. If still in doubt, please ring him after the 7pm News on Saturday or before 8am on the Sunday morning.

17th October Host - Jack Simpson

21st November Host - David & Geraldine Powell

26th November Annual Break-up Dinner – Riversdale Hotel - Hawthorn. - Convenor Elva

There isn't an organized ride in December as the third Sunday is too close to Christmas.
Please telephone Elva Parker (9836 6392) if you can assist at all with any of the "TBA" rides.

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillssnc.org.au ; www.surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group

Seniors Bike rides in 2010

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am**, unless time is specified, at the 'Place to meet' (see below). Please check train times the day before the ride. A coffee stop is found midmorning! We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail jfbpqb@bigpond.com or on **9853 9808** to discuss details.

* this is when Janet will be away and other riders will be leading. Check with Janet by e-mail only or ring the COTA office on 9654 4443. The leaders while Janet is away are as follows July 7th and July 21st Alan Brown, phone 9572 1472; July 14th Les Deady, phone 9459 2701; July 28th Ed Biggs, phone 9569 9386.

All riders are requested to join Council on the Aging (COTA). We also recommend that riders consider joining Bicycle Victoria for the insurance and service they offer.

| Date | Place to meet | Description | Grade |
|----------------------|---|---|--------|
| Sep 8 th | Southbank footbridge MEL 2F F7. | <i>Bay, canal and trail circuit</i> – From Southbank we ride the Bay trail, Elwood canal, along railways and local roads to the Outer Circle railway, Gardiner Ck trail to the Anniversary and Main Yarra trails to city. ~ 50km. | Easy |
| Sep 15 th | Southbank footbridge MEL 2F F7. | Short ride – Abbotsford Convent visit to explore the site and try the upstairs coffee at Handsome Steve's House of Refreshment. | Easy |
| Sep 22 nd | Southern Cross railway station Bendigo train 9.15am ~ arrive 10.15am | <i>Gisborne to Woodend</i> via Riddell's Creek, Romsey and Lancefield. Highlights of the ride are Dromkeen, home of Australian children's literature, and a close-up view of Hanging Rock. Distance ~ 60 km. | Medium |
| Sep 29 th | | No ride | |

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| Oct 6 th | Southbank footbridge MEL 2F F7. | Short ride – via Merri Ck trail and St Georges rd to the Human Powered café, 562 High St. Thornbury. | Easy |
| Oct 13 th | Southbank footbridge MEL 2F F7. | <i>Circuit out to Caroline Springs and return</i> – via Docklands to Federation trail to Kororoit Creek trail, then Western Hwy trail and verge to Caroline Springs. Return via the Deer Park bypass to Federation trail and local roads to Newport and the bay trail ~ 70km. | Easy |
| Oct 20 th | Southbank footbridge MEL 2F F7. | Short ride – Main Yarra trail to Banyule Hill and return from Heidelberg station. | Easy |
| Oct 27 th | Southern Cross railway station Ballarat train 8.10am ~ arrive 9.35am | <i>Ballarat to Daylesford circuit</i> – We will ride out to Daylesford via Creswick and we will return via Sailors Falls and Dean. Short well graded section of gravel through forest near SF~ 82km. There is the option of driving to Ballarat station instead of using the train. | Hard |
| Nov 3 rd | Southbank footbridge MEL 2F F7. | Short ride – Ride to Poyntons Nursery on the Maribyrnong river trail and return. | Easy |
| Nov 10 th | Southbank footbridge MEL 2F F7. | <i>Woodlands Park ride</i> – Moonee Ponds trail to the Historic Homestead and return to the Western Ring trail, around to the Maribyrnong trail and return to the city ~ 70km. | Hard |
| Nov 17 th | Southbank footbridge MEL 2F F7. | Short ride – Ride to Anglers Arms on the Maribyrnong river trail and return, visiting the Museum on the trail. | Easy |
| Nov 24 th | Flinders St station MEL 2F G6. Pakenham line ~9.02am arrive 9.58am | <i>From Berwick station, ride to city.</i> Ride Hallam bypass Trail, Endeavour Hills Trails and streets, Dandenong Ck Trail to Jells Park. Then Mt Waverley Railtrail, Gardiners Ck Trail to finish at St Kevins boathouse. ~50 km | Medium |
| Dec 1 st | Flinders St station MEL 2F G6. | Short ride – to Ardeer by train and then return via the Western Ring trail, Federation trail and Docklands to the city. | Easy |
| Dec 8 th | Southern Cross railway station Geelong train 9.15am ~ arrive 10.15am | <i>South Geelong to Queenscliff circuit</i> - We will ride the Bellarine Rail trail to Queenscliff and return via Ocean Grove to the Rail trail. ~ 60km. There is the option of driving to South Geelong station instead of using the train. | Medium |
| Dec 15 th | Southbank footbridge MEL 2F F7. | Christmas ride with lunch at Botanic Gardens in the Observatory cafe – We will ride the Bay trail to the Elwood canal and return via back streets and Albert Lake park to the Botanic Gardens ~ 20km. | Easy |

Whitehorse Cyclists Inc

Last updated 15 August 2010

| Date | Destination | Description | Distance and grade | Leader Contact |
|----------------------|----------------------|---|--------------------|---------------------|
| Sun 05/09 9:30 am | Easy Sunday Oakleigh | Gardiners Creek Tr, Scotchmans Creek Tr, (M)Oakleigh, Anniversary Tr, Box Hill | 28 E | Keith M 9857 5805 |
| Sun 05/09 8:00 am | ATBIAD Training | Around The Bay In A Day Training Beach Rd, Nepean Hwy, Mornington and return, est finish 3:00pm Register beforehand to enable | 120 H | John H 0408 554 478 |

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| | | notification of any prior changes | | |
| Sun 05/09 9:30 am | Sunday Ashburton to Docklands & back | Ashburton RS, East Camberwell RS, Camberwell RS, Hawthorn, Yarra Tr, Southbank, (M)Docklands, Southbank, Gardiners Cr Tr. | 40 E | David M 9885 7673 |
| Tue 07/09 9:30 am | Easy Tuesday Trail Blazer | Koonung Creek Tr, Anniversary Tr, (M) Hartwell, Anniversary Tr, Gardiners Creek Tr, Box Hill mall, Bushy Creek | 32 E | Gillian B 9725 5310 0451 054 927 |
| Tue 07/09 9.00am | Medium Tuesday Abbey's Circuit | Circuit involving Dandenong Ck to Bayswater, Boronia, FTG, Jells Park, Shepherd's Bush, Koomba Park | 45 M | George C 9878 0293 |
| Tue 07/09 8:45am | Hard Tuesday Bacchus Marsh | 9:08 V/Line service to Bacchus Marsh, You Yangs, (F)Geelong | 70 M/H | John C 0438 566 977 |
| Tue 07/09 7:45 pm | Club Night | Corner Station & Combarton Sts Monthly Meeting | | Mike W 9509 1290 |
| Thu 09/09 9:30 am | Thursday | Southbank, (M) Yarraville, Williamstown, Bayside Tr , (L) Altona. Mostly flat, roads, trails. | 65 M | Bruce D 9852 1921 |
| Sun 12/09 9:30 am | Sunday Round the Yarra | Koonung Tr, Tunstall Rd, Old Warrandyte Rd, Mullum Mullum Cr, Westerfold Park, Yarra Tr, (M)Melissa's, Main Yarra Tr, Burke Rd Br, Koonung Tr. | 42 E/M | Dick van G 9844 3344 |
| Tue 14/09 9:30 am | Easy Tuesday Gardenvale | Port Melbourne Light Rail Tr, (M)(B)Elwood, Gardenvale , Elwood Canal, Albert Park, Southbank. | 28 E | Keith M 9857 5805 |
| Tue 14/09 9.00am | Medium Tuesday South Melbourne | Kew, Studley Park, Burnley, Main Yarra Trail, Alexandra Ave, South Melbourne, East Melbourne, Fairfield | 40 M | Russell H 9841 7141 0400 178 194 |
| Tue 14/09 9:30 am | Hard Tuesday Kingslake | Plenty River Tr, Diamond Creek Tr, Yan yean Rd, Ridge Rd, Yea Rd, Kingslake, Hurstbridge, Eltham | 70 M/H | Barry McC 9848 1154 |
| Thu 16/09 9:30 am | Easy Thursday | TBA Contact leader by phone or at September meeting. | | Jenny K 9874 7578 |
| Thu 16/09 9:30 am | Thursday Bay Review | (M) Southbank, Port Melbourne, Middle Park, (L) (B) Mordialloc, Train from Mordialloc to Ormond. Rosstown Rail Tr, Anniversary Tr. | 62 M | Mike W 9509 1290 |
| Sun 19/09 9.30am | Easy Sunday Wills' Folly | Anniversary Tr, Urban Forest Reserve, (B)(T) Hughesdale, (T)Rosstown Tr, (M)(T)(B) Elwood, Flinders St RS (F). | 30 E | Keith M 9857 5805 |
| Sun 19/09 9:00 am | Sunday Springtime Circuit | East Camberwell, Black Rock, (M)Brighton, return. Note: starting time | 45 M | Mike McN 9830 4195 |
| Sun 19/09 7:30 am | ATBIAD Training | Around The Bay In A Day Training Beach Rd, Nepean Hwy, Dromana and return, est finish 5:00pm Register beforehand to enable notification of any prior changes | 150 H | John H 0408 554 478 |
| Tue 21/09 9:30 am | Easy Tuesday | Koonung Creek, Mullum Mullum Cr, Eastlink Tr, Abbey Walk, Somers Tr, (M)Mitcham, Blackburn Lk, Koonung Cr Tr. Some hills. | 35 M | Kevin & Jenny P 9842 2242, 0402 281 360 |
| Tue 21/09 9.00am | Medium Tuesday Northcote | Hays Paddock, Fairfield, Preston, Northcote (M), Westgarth, Ivanhoe | 45 E/M | Bernie F 9878 6640 0411 032 284 |
| Tue 21/09 | Hard Tuesday Big Loop | Main Yarra Tr, City, Beach Rd, Carrum, Eastlink Tr | 120 M/H | Kerry McN 0419 769 420 |

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| 9:30 am | | | | |
| Thu 23/09 9:30 am | Thursday | Main Yarra Tr, Capital City Tr, (M)Moonee Ponds, Maribyrnong River Tr, Footscray Rd, (L)Southbank. Main Yarra Tr, Gardiners Cr Tr, Ferndale Park, Anniversary Tr. | 60 M | Peter C 9859 4153 |
| Sun 26/09 9:30 am | Sunday Vermont to Ferntree Gully | Koomba Park, Jells Park, Scoresby, Ferntree Gully, Bayswater, Boronia, Vermont. | 35 E/M | Ursula C 9803 6097 0411 106 664 |
| Tue 28/09 9:30 am | Easy Tuesday | Dandenong Cr Tr, Bayswater, Boronia, (M)Ferntree Gully, Ferny Cr Tr, Scoresby, Stud Rd, Dandenong Cr. | 31 E | David Y 9884 8037 |
| Tue 28/09 9.00am | Medium Tuesday Plenty of Yarra Creeks | Koonung, Main Yarra & Plenty River trails to Montmorency (M); Main Yarra, Westerfolds & Ruffey Creek trails to Doncaster | 40 M | Geoff D 9836 1414 0428 361 236 |
| Tue 28/09 9:30 am | Hard Tuesday Yellingbo | Woori Yallock, Beenak Rd, Monbulk-Seville Rd, Perrins Creek Rd, Olinda, Sassafras, The Basin | 80 M/H | Mike H 0407 094 929 |
| Thu 30/09 9:30 am | Thursday | No ride leader. Pick own leader and destination on the day. Bring ride sheets. | 50 E/M | ? |
| Sun 03/10 9.30am | Easy Sunday Daylight Saving Ride | Anniversary Tr, (B)Ashburton, (T)Ferndale, Yarra Tr, (M)(T)Observatory Café, Richmond St (F). | 26 E | Keith M 9857 5805 |
| Sun 03/10 7:30 am | ATBIAD Training | Around The Bay In A Day Training Beach Rd, Nepean Hwy, Sorrento and return, est finish 6:00pm Register beforehand to enable notification of any prior changes | 180 H | John H 0408 554 478 |

Banyule Bicycle User Group—Rides Program

Rides start from Warringal Park (Melway ref 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am Tuesdays and Fridays to cater for newcomers and others seeking to improve their riding fitness. For further details contact Graeme W. 9435 9687 or Les B. 9435 0615.

EasyRide: with the “Latte” Group every **Tuesday and Friday 9:30am** – relaxed pace and informal, with break for coffee/snack/chat. **See program and other details at** <http://www.vicnet.net.au/~banylbug>.

HarderRide: every Tuesday and Sunday **9.00am**. BYO morning tea. Check program below.

| Sept | Ride/Event | Description | Leader |
|--------|---|---|-------------------------|
| Sun 5 | “Riders’ Choice” | Rider who suggests is leader, otherwise by agreement | |
| Tue 7 | “Riders’ Choice” | Rider who suggests is leader, otherwise by agreement | |
| Sun 12 | Kings Domain 45 km MAP | Yarra Trail, north side to Domain and south side return. | Lou B/ 9459 6887 |
| Tue 14 | Malvern Park 45 km MAP | Out by Wilson Reserve, Capital City trail, Gardners Creek trail, Menzies reserve, to Malvern Park. Return by Gardens Creek, Ferndale Reserve, Anniversary Trails (A good gravel bike path 2km Good condition) | Allen P/ 9457 1694 |
| Sun 19 | Niddrie 55 km. | Streets west to Maribyrnong R. At Lily St, north onto Steeles Ck Trail and follow to Valley Lake, Niddrie. Climb to Calder o’pass, then Trail to Airport West SC. Downhill to Moonee Ponds Ck at Boeing Res. Down Trail and then streets east home. | Richard B/ 9459 8648 |
| Tue 21 | Gasworks Park 50 km MAP | Out through Port Melb. Return by Tan and Yarra Trail. | Alan P/ 9435 9421 |
| Sun 26 | Bundoora Park | Out by Plenty River Trail (H2), Kalparrin, Springthorpe (H1). | Graeme W/ |

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| | 40 km MAP | Return by Darebin Ck Trail, Wilson's Reserve. | 9435 9687 |
| Tue 28 | <i>The Basin</i> 63 km MAP | Koonung Trail to Eastlink (some H3), Ringwood exit to Ringwood Lake, follow rail to Mountain Hwy Trails (long H1) to The Basin & break at Wicks Reserve. Then Forest Rd (long downhill-bike lane) to Ferntree Gully. Down Belgrave Trail back to Bayswater. Dandenong Creek and Eastlink Trails home. | Les D/ 9459 2701 |

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Darebin BUG

Darebin Bug Social Rides - Tuesdays and Thursdays

9:30 a.m. corner plant and union street, northcote. 40 -60 km rides mainly on bike paths and quiet streets for experienced cyclists. Bring lunch, snacks and water. Contact Norm on 9484 4767 to confirm start time and location (usually departs from Jika Jika). <http://www.darebinbug.org.au/rides.html>

Darebin Bug Port Melbourne Ride - Saturdays

9.30am Meet at Jika Jika Neighbourhood House, cnr Plant & Union Sts, Northcote. Slow ride suitable for beginners. <http://www.darebinbug.org.au/rides.html>

The Crosskeys Crusiers - Strathmore - Friday rides

The Crosskeys Crusiers are a group of retired men and women who meet in the Crosskeys CarPark near the Strathmore station at 9am on Friday mornings.

The rides are decided each Friday and the adventure begins. Some riders go till morning tea while others ride till lunch and then home at about 3pm. New members most welcome to chat and share the experience Telephone Max 93783501 or John 93707829

Melbourne Bicycle Touring Club

Ride and Club Night Programme

| September | | | |
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| Sat 04 Sep | Fish and Chips by the Bay - Return ride from Fed Square to Sandringham Rotunda, mainly along the Bayside Beach Bike Path. Options for train bail out. | 40km Easy/ Medium | Anne S |
| Sat 04 Sep | Belgrave to Bayswater - Dandenong Ranges mountainbike ride. Hilly, scenic, off-road, some singletrack, knobby tyres only | 40km Hard | Tony |
| Sun 05 Sep | Belgrave to Lilydale - Undulating/hilly, mostly quiet roads and rail trail. Through Dandenong Ranges National Park - some great views. Afternoon tea at Lavender Farm in Wandin. | 55km Medium | Robyn |
| Thu 09 Sep | La bella Italia: Highlights of our next 7 weeks on the mainland - Gail and Phil | | Edmund |

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| Sat 11 Sep | Kyneton to Seymour via Cobaw State Forest | 80km Medium/ Hard | Di |
| Sun 12 Sep | Lancefield loop: Car based - includes a few ups and downs, gravel and sealed roads and a sniff of adventure. | 60km Medium | Liz |
| Wed 15 Sep | Lunch - Southern Cross Station Food Court (Mezzanine floor - Collins St end) - 12.30 pm | Hole in roof | Norm |
| Thu 16 Sep | Trip Planning and Spoke Notes deadline! | | John Hughes |
| Fri 17 Sep | Tim Burton Exhibition, the film Sleepy Hollow and a light supper at Federation Square | Images and imagination | Claire |
| 18 Sep - 2 Oct (tbc) | Clare and Barossa Valleys, Murray River - SA in Spring. Camping/ cabins. Visit a winery or two? You bet. | 50-60 km per day - Medium | Glenn |
| Sat 18 Sep | Geelong Circuit - mostly bike paths along the Barwon River and back around Corio Bay. | 33km Easy | John Hu |
| Sun 19 Sep | Castlemaine Loop - Fryers Town, Glenlyon, Porcupine Ridge - mainly gravel through forest. No shops. | 70km Medium | Dave C |
| Thu 23 Sep | Bike Repairs | | Tim |
| Sat 25 Sep | Anti Grand Final Ride - Humevale Rd, Kinglake and Hurstbridge - Hilly | 70km Med/ Hard | John Ha |
| Sun 26 Sep | Two Reservoirs: Castlemaine District. Mainly bitumen roads; undulating country; visit historic Maldon. | 65km Medium | Peter B |
| Thu 30 Sep | Spring day ride in the Strathbogies & then onto Trades Hall. Dinner at Toto's? | 60km Medium | Durelle |
| Thu 30 Sep | Introduction to Touring | | Fiona |
| October | | | |
| W/E 30 Oct-2 Nov | Cup Weekend - Base Camp at Queenscliff | Various | John Hu |
| Early December | Bogong High Plains: Wangaratta - Falls Creek - Omeo - Bairnsdale | Moderately Hard | John Ha |

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| Sun 08 Aug | Badger Weir Lilydale loop - Yarra Glen for morning tea. Views across the Yarra Valley. Lunch at Badger Weir. Optional 2 km bushwalk. | 75km Medium | Peter B |
| Sun 08 Aug | Badger Weir Lilydale Loop | 75km Medium | Peter |

For information on the above rides, please contact the Touring Secretary, John Hughes 9807 1021, or at rides@mbtc.org.au.

About the Ride Gradings **Easy:** Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist. **Medium:** Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required. **Hard:** Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au> R = Road Bike / H = Hybrid / M = Mountain Bike / Soc = Social
E = Easy / M = Medium / H = Hard / Soc = Social